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Level 2 – 29th February 2024

Cold weather exercise burns more calories

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<https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-2.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-2.html>

Exercise is essential for our health. It lowers the risk of heart disease, helps us to maintain a healthy weight, and reduces stress. Doctors say that exercising in cold weather is good for us. Going for a jog or a swim when it's chilly outside has extra benefits for our physical and mental health. This is because the cold gives our heart a more energetic workout. A doctor from the Hospital for Special Surgery in New York explained why. She said: "Your heart has to work a little bit harder to pump blood around your body...in the cold. This can help to boost your endurance over time."

The doctor said the body burns calories faster when it is cold. She said your body works harder to maintain its temperature, so you use up more calories by exercising in the cold. Physical activity in cold temperatures boosts our metabolism, which helps us lose weight. In the cold, our metabolism slows down, so we can preserve fat and keep warm. Another benefit of exercising in the cold is that being in natural light helps to reduce our stress. Many people have Seasonal Affective Disorder (S.A.D.). This is a type of depression caused by the short, dark days of winter.

Sources: https://www.huffpost.com/entry/exercising-outside-winter-benefits_l_65cd27f2e4b0dd11b911a795
<https://www.msn.com/en-ca/health/other/why-end-of-winter-is-the-perfect-time-to-start-a-fitness-journey-expert-tips/ar-BB1iBuDT>
<https://www.healthday.com/health-news/exercise-and-fitness/cold-weather-running-may-be-even-healthier>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|------------------------|
| 1. Exercise is essential | a. outside |
| 2. It lowers the risk of | b. a healthy weight |
| 3. helps us to maintain | c. your body |
| 4. exercising in cold weather | d. endurance |
| 5. when it's chilly | e. is good for us |
| 6. Your heart has to work | f. for our health |
| 7. pump blood around | g. a little bit harder |
| 8. boost your | h. heart disease |

PARAGRAPH TWO:

- | | |
|----------------------------------|-----------------------------|
| 1. the body burns | a. our stress |
| 2. your body works harder to | b. dark days of winter |
| 3. physical activity in cold | c. down |
| 4. our metabolism slows | d. maintain its temperature |
| 5. Another benefit of | e. calories faster |
| 6. natural light helps to reduce | f. temperatures |
| 7. This is a type | g. exercising in the cold |
| 8. the short, | h. of depression |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-2.html>

Exercise (1) _____ our health. It lowers the risk of heart disease, helps us to (2) _____ weight, and reduces stress. Doctors say that exercising in cold weather is good for us. Going for a jog or a swim when (3) _____ has extra benefits for our physical and mental health. This is because the cold gives our heart (4) _____ workout. A doctor from the Hospital for Special Surgery in New York explained why. She said: "Your heart has to work a little bit harder (5) _____ around your body...in the cold. This can help to (6) _____ over time."

The doctor said the body (7) _____ when it is cold. She said your body works harder (8) _____ temperature, so you use up more calories by exercising in the cold. Physical activity in cold temperatures boosts our metabolism, which helps (9) _____. In the cold, our metabolism slows down, so we can preserve fat and keep warm. (10) _____ exercising in the cold is that being in natural light (11) _____ our stress. Many people have Seasonal Affective Disorder (S.A.D.). This is a type of depression caused by the (12) _____ of winter.

PUT A SLASH (/) WHERE THE SPACES ARE

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COLD-WEATHER EXERCISE SURVEY

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-2.html>

Write five GOOD questions about cold-weather exercise in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-2.html>

Write about **cold-weather exercise** for 10 minutes. Read and talk about your partner's paper.
